

SEPT 2022

GEAR UP FOR DANCE



ANNOUNCEMENTS:

ADDITIONAL FRUIT CHOICES ARE AVAILABLE FOR HIGH SCHOOL AT LUNCH



HAPPY LABOR DAY TO ALL OF YOU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Muffin, Yogurt, Fruit, Fruit Juice, Milk**
Meat & Cheese Chalupas, Refried Beans, Seasoned Corn, Salsa, Pineapples, Pudding, Milk Variety

Waffles, Cheese Stick, Fruit, Fruit Juice, Milk**
Breaded Mozzarella Sticks, Marinara Sauce, Tomato Cup, Garden Salad, Pears, Milk Variety


SCHOOL HOLIDAY

Breakfast Burrito, Fruit, Fruit Juice, Milk**
Breaded Drumstick, Biscuit, Garden Salad, Sweet Potato Fries, Grapes, Milk Variety

Sausage Kolache, Cheese Stick, Fruit, Fruit Juice, Milk**
Steak Fingers, Gravy, Roll, Green Beans, Seasoned Corn, Peaches, Milk Variety

Stuffed Bagel, Fruit, Fruit Juice, Milk**
Frito Pie, Pinto Beans, Fresh Veggie Cup, Chilled Pineapple, Cookie, Milk Variety

Muffin, Yogurt, Fruit, Fruit Juice, Milk**
Cheesy Breadstick, Fresh Broccoli, Marinara Sauce, Applesauce, Milk Variety

Chicken *n* Biscuit, Fruit, Fruit Juice, Milk**
Quesadilla, Salsa, Charro Beans, Sliced Cucumbers, Mixed Fruit, Ice Cream, Milk Variety

Breakfast Strudel, Cheese Stick, Fruit, Fruit Juice, Milk**
Breaded Pork Chop, Brown Gravy, Roll, Fresh Broccoli, Seasoned Corn, Mandarin Oranges, Milk Variety

Pancake Wrap, Cheese Stick, Fruit, Fruit Juice, Milk**
Crispy Chicken Sandwich, Fresh Veggie Cup, Garden Salad, Strawberries, Milk Variety

Breakfast Bread, Yogurt, Fruit, Fruit Juice, Milk**
Pizza Choice, Baby Carrots, Savory Green Beans, Diced Peaches, Cookie, Milk Variety

French Toast, Yogurt, Fruit, Fruit Juice, Milk**
Corn Dog, Tater Tots, Tomato Cup, Fruit Cup, Milk Variety

Breakfast Burrito, Fruit, Fruit Juice, Milk**
Burger Choice, Oven Fries, Garden Salad, Fruit Cup, Milk Variety

Mini Pancakes, Yogurt, Fruit, Fruit Juice, Milk**
Popcorn Chicken, Roll, Corn, Mixed Vegetables, Grapes, Cookie, Milk Variety

Sausage Kolache, Cheese Stick, Fruit, Fruit Juice, Milk**
Pizza, Garden Salad, Savory Green Beans, Peaches, Milk Variety

French Toast, Yogurt, Fruit, Fruit Juice, Milk**
Tex-Mex Stack, Refried Beans, Tomato Cup, Salsa, Pears, Milk Variety

Cereal Bar, Yogurt, Fruit, Fruit Juice, Milk**
Hot Dog, Fries, Baby Carrots, Apple Slices, Milk Variety

Pancake Wrap, Cheese Stick, Fruit, Fruit Juice, Milk**
Breaded Mozzarella Sticks, Marinara Sauce, Tomato Cup, Garden Salad, Pears, Milk Variety

Cinnamon Pull A-Part, Cheese Stick, Fruit, Fruit Juice, Milk**
Chicken Nuggets, Mac & Cheese, Baby Carrots, Sliced Cucumbers, Grapes, Milk Variety

Waffles, Yogurt, Fruit, Fruit Juice, Milk**
Hot Sandwich, Fresh Veggie Cup, Tater Tots, Apple Slices, Milk Variety

Breakfast Pizza, Fruit, Fruit Juice, Milk**
Burger Choice, Fries, Seasoned Corn, Orange Smiles, Pudding, Milk Variety

Muffin, Yogurt, Fruit, Fruit Juice, Milk**
Xtreme Burrito, Sliced Cucumbers, Green Peas, Strawberries, Milk Variety



Food and Nutrition Division
 Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
 This institution is an equal opportunity provider.



Updated 1/1/2022
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